

# EHC Plans and annual reviews



This easy read information is from Ask Us Nottinghamshire - Young People's Zone.



This document tells you about EHC Plans and annual reviews.

**EHC is short for Education, Health and Social Care.**

## What is an EHC Plan?



An Education, Health and Care Plan (an EHC Plan or EHCP) is a legal document that tells people about:



- Your special educational needs.



- The support you need.



- The outcomes you would like to achieve.



Not every young person with special educational needs or disabilities will need an EHC Plan.



EHC Plans may be helpful if you need more support than your educational setting is giving you.



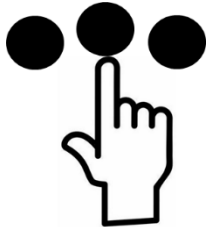
By law, the help that is written in your EHC Plan must be given by your local authority.



Often, this support is given by your school or educational setting.



An EHC Plan can give you extra support with education.



It can also give you more choice about which school or educational setting you go to.



You can only get an EHC Plan after you have had an Education, Health and Care Needs Assessment.



If you are under 25 years old, you can ask to have an EHC Plan until you leave further education.

## Annual Reviews



If you have an EHC Plan, it needs to be reviewed every 12 months to make sure that it is still helpful to you.



A meeting needs to be set up by your school/college, or other educational provider, or by the Local Authority.



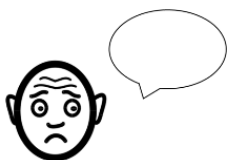
These meetings are called the 'Annual Review' meeting. **Annual** means it happens every year.



Annual Review meetings are a chance for you to:



- Say what you think about the plan.



- Talk about anything that is worrying you.



- Ask for any other help or support that you think you need.



- Talk about what you might like in the future.

## What happens in the review process?



1. The school/college or other setting will ask you, your parent/carer (if you are under 16, and other professionals for views about your current EHC Plan.



2. A review meeting takes place to talk about your EHC Plan.



3. The Local Authority will ask for information from your school/setting or college, your parents/carers and anyone else that has been working with you to help them to make decisions about your plan.



4. Within 4 weeks the Local Authority will tell you if they are going to keep your plan the same, make changes to it, or stop it.

## How do I apply for an EHC Plan?



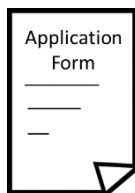
If you are a child or young person living in Nottingham City or Nottinghamshire, and you want apply for an EHC Plan, then please contact Ask Us Nottinghamshire.



Ask Us Nottinghamshire can:



- Talk you through how to apply.



- Help you with your application.



- Give you information on what support an EHC Plan can give you.



- Tell you what happens at each stage after you have made your application.

## More information



If you want more information, these links might be useful.



[Video: What is an EHCP and who is it for?](#)



[Preparing for adulthood \(The National Development Team for Inclusion \(NDTi\)\)](#)



[Your annual review guide \(IPSEA\)](#)



[A guide on how to share your views for your annual review.](#)

## Where can I get help?



If you want more information or help with EHC Plans and annual reviews, you can [contact Ask Us Nottinghamshire](#) for information, advice or support.



The Ask Us Nottinghamshire service is here to help with a range of issues.



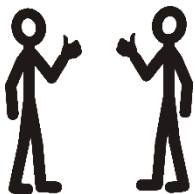
We can:



- Give you advice.



- Talk to your parents.



- Help you identify someone at your school who can support you.



If you would like to talk to us about the information you have read on this page, please contact us.



- [Visit our website.](#)



- Email: [enquiries@askusnotts.org.uk](mailto:enquiries@askusnotts.org.uk)



- Phone: 0800 121 7772

## Links in this document

### Contact Ask Us Nottinghamshire

[askusnotts.org.uk/contact](http://askusnotts.org.uk/contact)

### EHC Plans and Reviews original webpage (including videos)

[askusnotts.org.uk/young-people/ehc-plans-and-annual-reviews](http://askusnotts.org.uk/young-people/ehc-plans-and-annual-reviews)

### Video: What is an EHCP and who is it for?

[youtube.com/watch?v=ughC-a5RhAc](https://youtube.com/watch?v=ughC-a5RhAc)

## **Preparing for adulthood (The National Development Team for Inclusion (NDTi))**

[ndti.org.uk/programme/preparing-for-adulthood/](https://ndti.org.uk/programme/preparing-for-adulthood/)

## **Your annual review guide (IPSEA)**

[ipsea.org.uk/Handlers/Download.ashx?IDMF=de46566b-82e1-461f-a124-80f0e096cbb7](https://ipsea.org.uk/Handlers/Download.ashx?IDMF=de46566b-82e1-461f-a124-80f0e096cbb7)

## **A guide on how to share your views for your annual review**

[councilfordisabledchildren.org.uk/sites/default/files/uploads/files/CYP.4pp.HI-RES.pdf](https://councilfordisabledchildren.org.uk/sites/default/files/uploads/files/CYP.4pp.HI-RES.pdf)

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